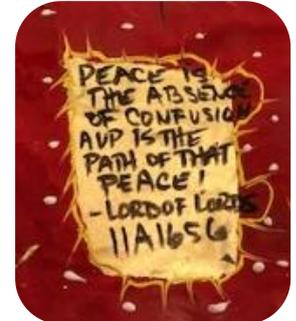
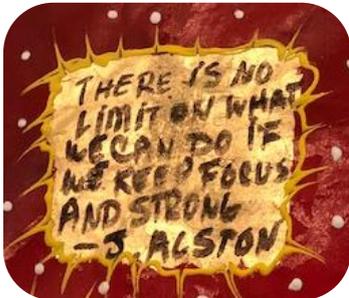


Alternatives to Violence Project WA (AVP-WA) Newsletter



Western Australia

Summer 2017



As most of you will know, the Alternatives to Violence Project began in 1975 with an inmate group at Green Haven Prison, New York. AVP workshops are still conducted at **Green Haven**, and upon hearing of the AVP International Gathering in Nepal this year, inside facilitators and workshop attendees decided to send greetings and messages of support to the Gathering.

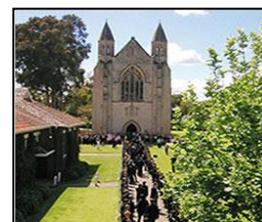
The result was the banner pictured above which was displayed in the main meeting room for the duration of the Gathering.

2018 Asia West Pacific Regional Training Gathering

AVP-WA is hosting this event at Guildford Grammar School (on the outskirts of Perth) from **5th to 11th January 2018**. All AVP Facilitators are welcome to attend.

The programme includes sessions on:

- Reports from the World Gathering
- New Light and Lively Manual
- Social Disadvantage and AVP
- Mental Health First Aid
- Visit to Acacia Prison
- HiPP



Any queries? Please contact Sally Herzfeld on 08 9299 6788 or sallyherzfeld@ozemail.com.au or Jim Thom jjathom@bigpond.com

Registration forms can be obtained from Jim (as above).

AVP End of year Celebration

Thursday, **14th December**, 6.30pm at 35 Clifton Crescent, Mt Lawley
Please bring a plate to share!



2017 AVP International Gathering



AVP-WA facilitators Mark, Sue, Niki and Natasha were amongst the over 150 facilitators from forty different countries who attended the 2017 AVP International Gathering in Kathmandu, Nepal in November.

Nancy Shippen, AVP USA, has provided a brief summary of events:

“During the World Gathering we built consensus on our AVP Best Practices and Core Values. We agreed to convene an annual virtual meeting. We restructured the Coordinating Committee and now have two new members from previously unrepresented countries. Plans were put in place to further develop the effectiveness and sustainability of regional and local groups by means of networking, communication and suggestions for future action.

In “topic sessions”, we explored the effectiveness of AVP workshops in settings ranging from prisons to universities to conflict areas. We recognised ways that workshops integrate new discoveries about neuroplasticity and meditation, and how to maximise this information.”

Expect to hear more from the AVP-WA delegates in the near future, but the consensus was amazing hospitality, amazing collaboration, amazing ideas and amazing friendships made. And ... AMAZING food!



Reflection

Transforming Power

I wouldn't class Transforming Power as a skill, but as a tool for life. Like with all tools, you have to keep using it to become skilled in its use. It's an ongoing process. Most importantly however I found it to be a realisation. One that shows me I'm not at all at the mercy of others and their decisions, violent or not.

Transforming Power has taught me that I have the choice. A choice to care, which during my time in prison has been difficult to see.

Over the last several years anger and self doubt has taken root in my mind, pushing happiness and positive decision making aside. I lost trust in myself and others, but learnt again to believe in my actions, and also to change them if wrong. I saw that I can never control someone else's choice, only my own. And I have more of them than I thought.

I think that everyone has experienced tragedy to some degree, but I think that those who have experienced violence, like myself can agree it takes pieces of your humanity away from you. Both in heart and mind.

Transforming Power is helping me to find what I've lost, and to make it mine again. I think it can help other to find humanity they have also lost and to reclaim it.

This simply complex process hasn't changed my life so I won't claim that it has. But I can see that it will, and I'm only beginning to touch on what Transforming Power means to me.

Kyle Garth



What has AVP meant to me?

Transforming Power For All:
 AVP gave me words to clothe my life changing experience,
 Transforming Power,
 Turning things around for all to see,
 AVP gave me words to help others understand our human experience,
 Transforming Power,
 From that first Basic in 1992 in the Federal Penitentiary at Lompoc, California;
 To the latest World Gathering in 2017 in Kathmandu, Nepal;
 Transforming Power for all.



One reason I openly share my experience of being in prison, but not of prison, for thirteen years, is to illustrate how a person can have serious problems and make serious mistakes more than once, and get into a bad situation, and still recover from it; and not only recover from it, but become better for it, by using it has an opportunity to improve and develop oneself to the utmost. Life is learning; learning is life; that is learning to become wiser, stronger, more aware, more loving, more compassionate, and more determined to be fully Human as our greatest spiritual teachers have told us that we can be and will be someday. Every human being's spiraling path through the Earth spheres is really a redemption story, a Transforming Power story. As Bo Lozoff said, "We're all doing time."

Mark Thomas, AVP California

AVP-WA Reunion ...

Approximately sixty past and present AVP-WA facilitators and workshop participants attended a 23-year reunion at The Rise in Maylands on 28th October.

In true AVP style we celebrated with a gathering, concentric circles and a light and lively. There was also opportunity to reflect on AVP's impact on people personally, and in the community.

The "informal-formal" proceedings were followed by friendship and fellowship. It was wonderful to hear such laughter and comradery. It was also wonderful to enjoy the fabulous afternoon tea provided by our team of caterers, ably led by Merril.

Perhaps you will recognise some familiar faces in the photos?



AVP and Technology

Did you know AVP facilitators can register for access to the AVP International website?

<http://avp.international/>



When your registration is confirmed, you will be able to go “behind the scenes” and access a wealth of facilitator specific information including:

- AVP Organising Guide
- Resources (manuals, light and livelies, flyers etc)
- Facilitator forums
- Committees

AVP Western Australia has its own website <http://avpwa.org/>

This is a great place to refer people who are interested in finding about more AVP. Here you will find information about the history of AVP, the types of workshops we facilitate, future workshop dates and other useful information. No log in is required.



You can also find AVP-WA on Facebook! <https://www.facebook.com/AVPWA/>



Facts and figures

AVP WA has been involved in 58 workshops in WA this year (a 16% increase on 2016).

Type	Number of workshops			
	Basic	Adv	T4F	Total
Acacia Prison	6	4	4	14
Karnet Prison	3	1	1	6
Wooroloo Prison	3	2	1	6
Wandoo Reintegration Facility	2	0	0	2
Bunbury Regional Prison	4	2	0	6
Community (Perth)	3	1	0	4
Community (Pilbara)	3	1	2	7
ASeTTS	1	1	0	2
Special community (PSOs)	2	1	1	4
Special community (Kimberley)	2	0	0	2
Youth (school)	0	0	1	1
HIPP (school)	1	1	2	4



“Facilitators were wonderful. It was great to see you communicate with each other and remain flexible to change or amend your ideas when necessary.”

“You can clearly see the passion and belief you have in AVP.”

“The leaders gave me confidence to speak up when needed.”

Hot off the press is the annual **2018 Facilitator Availability Survey**. As our co-ordinator Mark explains, AVP-WA has been expanding its scope of workshop provision. Doing one workshop in the year, would assist us greatly and would maintain your AVP facilitation skills. If you haven't facilitated a workshop in the last 12 months, we would like you to do a refresher workshop before facilitating. This could be to participate in another Basic or Advanced workshop.

Mark has asked that you complete the survey and return it to him by **Thursday, 14th December** so he can follow up on non-responses.

As a quick reminder, the different types of workshops we are undertaking are:

- Prison (Acacia Prison, Wooroloo Prison Farm, Karnet Prison Farm, Bunbury Regional Prison, Wandoo Reintegration Facility, West Kimberley Regional Prison)
- General community
- Special community (at the request of an organisation, either for their staff or clients)
- Youth (requested by schools for secondary students)
- HiPP Help Increase the Peace Project (requested by schools for primary students)

If you did not receive the Survey by email, please contact Mark marknewh@iinet.net.au